

Gut Healing Diet Cheat Sheet

Don't Eat/Drink This ----->

gluten, dairy, corn, soy, booze, coffee,
sugar, processed foods

Eat This \----->

organic meat, fish, poultry, eggs; leafy, crunchy,
starchy veggies; berries and banana; avocado,
coconut oil, ghee; flax & chia

Include Gut Healing Superfoods:
bone broth, salmon, blueberries, chia seeds,
fermented foods, turmeric

Drink This \----->

green tea, water kefir, bone broth,
turmeric tonics, kvass, green juice

MARY *Vance* ♦ NC

HOLISTIC NUTRITION & WELLNESS COACHING